## ABSTRACT OF THE DISCLOSURE

This invention relates to screed methods and building panels. According to the invention there is provided a construction panel comprising two outer wire mesh members and a middle member secured therebetween. The wire mesh members may have a plurality of V-shaped impressions along their length which serve as a built in visual and mechanical screed for finishing the panel with shotcrete or plaster. Alternatively, the wire mesh members may have a clipped-on-screed member attached thereto which serves as a visual and mechanical screed for finishing the panel. The middle member may comprises a composite of alternating layers of wire trusses and polystyrene foam. The middle member may be secured in a compressed state and released after attachment to the wire mesh members.